

TRACKING ...

NEWS



Post gets 70,000
donated toys

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UP CLOSE

‘Reindeer games’
draw post kids

PAGE 10



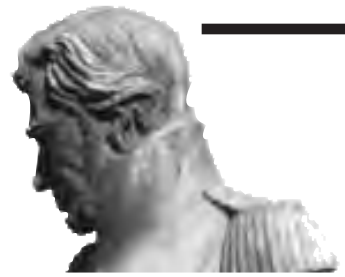
Band drums up
holiday cheer

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The Fort Jackson *Leader*



Thursday, December 9, 2010

Published for the Fort Jackson/Columbia, S.C. Community

www.jackson.army.mil

Dwell time

AFAP tackles drill sergeant stabilization

By KRIS GONZALEZ
Fort Jackson Leader

In spring 2008, just as Staff Sgt. Bradley Good was preparing to return to the U.S. from a 15-month deployment in Iraq, he received notice that he had been selected to attend the U.S. Army Drill Sergeant School. Upon completion, he would serve two years as a drill sergeant at Fort Jackson.

His boots hadn't even landed on American soil yet, but Good was already mentally

preparing for the move, and more important, how he was going to tell his wife and four children that even though he was returning, he would soon be leaving them again.

"It was hard on him," said his wife, Sandra, as she recalled the day he told their children. "He had to tell the kids, 'Daddy was gone, now he's home, but he'll be gone again within a few months.'"

The staff sergeant had arrived at Fort Stewart, Ga., with fellow Soldiers of the 3rd Infantry Division on May 1. He began

his 90-day stabilization period, spent time with family and friends, and started making arrangements to get to South Carolina by his Aug. 1 report date.

"When he got home, he really didn't have much down time," Sandra Good said about her husband's return. "He had (reintegration) classes to take, he was getting used to being back, adjusting to life with the family, and then boom, he was gone again."

See **SEVEN:** Page 13

‘Santa Claus is coming to town’



Photo by KRIS GONZALEZ

Christopher Cumbus, 8, receives a treat after telling Santa what he wants for Christmas during Saint Nick's visit to Fort Jackson Thursday at the post's 22nd annual Christmas Tree, Manger and Menorah Lighting ceremony in front of Post Headquarters. See story, photos on Page 10.

Covenant enhances post quality of life

There are few things I find more gratifying than seeing our community reap the rewards of the Army Family Covenant. We recently re-signed the document, reaffirming Fort Jackson’s commitment to build the strength and resilience of our families.

The covenant represents a huge Armywide commitment toward quality of life for our families. The covenant powers our family programs, physical and mental health care, housing, education, child care and employment opportunities for spouses. Fort Jackson stands tall in many of these areas thanks to the relentless work of those agencies and their staff members who have led these projects for our families.

We leaders are aware of the tremendous sacrifices that our families make each and every day, and to that end, we pledge to continue to provide our Soldiers and their families the quality of life that is commensurate with their service. We have come a long way in the past three years and continue to break ground along the five lines of the covenant.

Specifically, we have standardized and funded existing family programs and services; increased accessibility and quality of our health care; improved Soldier and

**MAJ. GEN.
JAMES M. MILANO**
*Fort Jackson
Commanding
General*



family housing; ensured excellence in schools, youth services and child care; and have expanded education and employment opportunities for family members.

During this past year, we have witnessed a number of significant gains and refinements. Some of them include the reduction or the elimination of some fees that are associated with existing services such as child care and Children and Youth Services programs. Other services, such as after-school care and respite care, have been enhanced and expanded.

There have been new programs added, such as the one to reach out to young parents to help them learn parent-

ing skills and help new mothers shed any feeling of isolation they might be experiencing. Staffing levels have been increased as well. There have been nine additional positions to support Exceptional Family Member, Employment Readiness, Financial Readiness and Mobilization and Deployment and Family Advocacy. There has also been enhanced support to Family Readiness Group leaders through FRG training and also specialty training.

We have executed a Spouse Sponsorship program that has assisted more than 400 spouses of newly arriving drill sergeants with their transitioning. We have also worked to increase the availability and quality of health care to our community as well as to sustain sports programs for Wounded Warriors.

All of these improvements and enhancements reinforce the fact that strong families are important to our Army. Strong families are a readiness issue. The Army is committed to providing our families a strong supportive environment in which they can thrive. By re-signing this document for the third consecutive year, we again reaffirm our commitment. All of us realize that the covenant is the fountain for our success.

Army Strong and Victory Starts Here!

Fort Jackson talks back:

Leader reporter Chris Rasmussen asks members of the community: ‘What does the holiday season mean to you?’



Staff Sgt. David Evans
2nd Battalion,
60th Infantry Regiment

“For me, it is a time for family and remembering those (Soldiers) who you fought with and lost, and thinking about their family members.”



Staff Sgt. Samuel Gomez
193rd Infantry Brigade

“To me the holidays are about the birth of God, and (are) a chance to reflect about the birth of our Christ.”



Pvt. Ryan Pantzer
Company B,
187th Ordnance Battalion

“Right now, I’ll probably just hang out with my girlfriend and her family.”



**Sgt. 1st Class
Lakisha Randolph**
USACHS

“Since I am going to Korea before the holidays, it means buying my Christmas presents early.”



Pvt. Channing Schaffer
Company B,
187th Ordnance Battalion

“Getting home and hugging my mom. It has been a long time, and I am really looking forward to the holidays.”



Bob Turner
AAFES

“It is a chance to spend time with family, which I have from near and far. I hope to see as many as I can for the holidays.”

The Fort Jackson *Leader*

Fort Jackson, South Carolina 29207

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For questions or concerns about subscriptions, call (803) 432-6157.

To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-

7045 or e-mail fjleader@conus.army.mil.

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It's like toyland on post

*Children to receive
thousands of toys*

By **CHRIS RASMUSSEN**
Fort Jackson Leader

Old Saint Nick made an early visit to Fort Jackson this week, providing Christmas toys for every Soldier to give to their children.

Nearly 70,000 Christmas toys are being distributed to every unit on the installation, thanks to the efforts by volunteers and the residents of South Carolina. The toy drive, which is affiliated with Operation Homefront, was conducted by Dollar Tree and Soldiers with the Better Opportunities for Single Soldiers program and other local volunteers sorted the toys at Fort Jackson.

"Every Soldier on this installation who has a child will be getting toys," said Sharon Rice, 157th Infantry Brigade Family Readiness Support assistant. "They will be getting up to five toys of everything from puzzles and crayons to animals and little toy trucks."

Toys were donated by customers at 15 Dollar Tree stores across the state during the past five weeks. Unit representatives picked up the toys from the Solomon Center on Wednesday to distribute to their Soldiers.

"The bulk of the toys are coming from Columbia. The local community has really shown a great appreciation for the military," Rice said. "Some of the stores were getting 1,000 toys a week. It is unreal."

Last year's toy drive netted just 2,000 toys and were distributed to two units on post.

"I noticed this year that a lot of stores in South Carolina weren't collecting toys from customers because they didn't have military installations in the area, such as Greenville, Rock Hill and Myrtle Beach. So I adopted those areas, too," Rice said. "It has turned into this huge undertaking where we had to get Fort Jackson involved and get an (operations) order."

Basic Combat Training Soldiers and drill sergeants from Fort Jackson picked up the toys from across the state and delivered them to the Solomon Center. Volunteers from BOSS and the installation spent Tuesday sorting and organizing the



Photos by **CHRIS RASMUSSEN**

Spc. Della Lopez, a supply clerk for the 165th Infantry Brigade, sorts puzzles in preparation for distribution to Soldiers Tuesday at the Solomon Center. The games and other toys will be distributed throughout the post.

toys for distribution.

"It is an important cause," said Spc. Della Lopez, 165th Infantry Brigade. "There are children out there who either wouldn't get any toys or not very many presents if it weren't for this toy drive."

Soldiers were asked to send in a wish list for toys and those lists were taken to the Solomon Center by unit representatives to be picked up among the piles of donated toys.

"I feel like it is the right thing to do," said Crystal Tract, a volunteer whose husband is a wounded warrior. "You never know when you are going to need help. Even if there is just

one Soldier who would otherwise not be able to give his or her child a present this year, it is worth it. Everyone has come together to make this happen."

Toys from the drive will also be distributed to the installation's two elementary schools.

Sgt. Arnita Miles, BOSS president, said the organization got involved with the toy drive as a way of giving back to Soldiers who have children.

"It is all in the spirit of giving back for Christmas," Miles said. "This is really going to help our Soldiers out for the holidays."

Chris.Rasmussen@us.army.mil



Sgt. Arnita Miles, president of Fort Jackson's Better Opportunities for Single Soldiers, unloads a box of toys Tuesday at the Solomon Center.

Housing Happenings

COMMUNITY UPDATES

- ❑ The Residential Communities Initiative and Housing Services offices will be closed 7:30 a.m. to 2 p.m. today for training. For emergencies, please call 873-4526 or 413-8199.
- ❑ Balfour Beatty is building an e-mail distribution list to notify residents about housing related issues and special events. Call 738-8275 for more information.
- ❑ Residents can now access all clearing forms at www.ftjacksonfamilyhousing.com under "Forms and Guides."
- ❑ Energy saving tip: Screen savers do not reduce energy use on computer monitors. Save energy by automatically switching to sleep mode or manually turning monitors off.
- ❑ Heating systems are the most energy-consuming systems in homes. To reduce energy consumption, thermostats should be set to 65 to 72 degrees.
- ❑ Balfour Beatty Communities is now on Facebook. Search for Fort Jackson Family Housing and click "like" to stay up to date on housing happenings.
- ❑ Residents should return trash receptacles and recycle bins to the home after each pickup.
- ❑ Residents who are interested in using the Community Center for a personal function can call 738-8275 to make a reservation.
- ❑ Residents must register all new pets at the on-post veterinarian. Once this is done, come to the Community Center during regular business hours to fill out a pet addendum.
- ❑ LifeWorks events are free and open to on-post residents. Residents who have suggestions for events can contact Alana Youngblood at 738-8275 or ayoungblood@bbcgrp.com.
- ❑ Residents and visitors are urged to watch their speed while driving through housing areas. Also, parking on the street can obstruct the views of drivers.

CONSTRUCTION UPDATES

- ❑ To date, 211 homes have been completed.
- ❑ Phase II homes in the junior noncommissioned officers will be available around Dec. 15.
- ❑ Phase II activities have started in the Company Grade area with demolitions and asbestos abatement.
- ❑ Both General Officer homes are in various stages of construction and are expected to be available this month.

LEADER INFORMATION

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'A date which will live in infamy'



U.S. Air Force photo by Master Sgt. Cohen A. Young

Pearl Harbor and Hickam Airfield survivor, Frank Karas, sits and watches a remembrance ceremony on Atterbury Circle, Joint Base Pearl Harbor-Hickam, Hawaii, Tuesday, Dec. 7, 1941, Karas was asleep in the barracks on Hickam Field when the Japanese bombed the two bases.

Tips ease holiday stress

From ACS Family Advocacy

The holiday season can be both joyful and stressful.

Here are a few tips to help ease some of the stress that comes along with the holidays.

Plan ahead: Use a calendar to plan for shopping, visiting relatives, and other holiday-related activities. Most importantly, plan time to enjoy the holidays with those you truly care about.

Budget: For many people, the holiday season can equal excessive spending, which leads to stress. Use the holidays to put a personal touch on your gifts; i.e. photos, hand-crafted items, and gag gifts. Remember, true giving comes from the heart.

Exercise: Although we are surrounded by the wonderful foods of the holidays, we should lace up those tennis shoes and

continue to exercise. Physical activity is a great stress reducer.

Have a positive attitude: A positive attitude will make your holidays more fulfilling and stress-free. Infuse the holiday spirit to those around you with laughter and positive energy.

Take care of your body: Enjoy the holidays to the fullest while remembering to get enough rest and to maintain a healthy diet.

IN THE KNOW

An anger management class is scheduled for 11 a.m. to noon, Tuesday, at the Family Readiness Center, 3499 Daniel Street.

A "Managing your Emotions Under Stress" class is scheduled for 11 a.m. to noon, Dec. 21 at the Family Readiness Center. Call 751-6325 for information.

Positive calming imagery: During the holiday season, use a mental approach by focusing on a positive, calming image (e.g., children, scenic vista, pleasant memory) to eliminate stress.

Yoga: Yoga during the holiday season is beneficial to maintain stress reduction. The series of postures and stretches coordinated with breathing exercises during yoga produce a calming effect.

Practice holiday forgiveness: The holidays can be a very hectic time with holiday shopping and traffic. Truly embrace the holiday spirit by forgiving those who would normally allow you to be stressed.

Help others: Volunteer your time in a soup kitchen or donate to a nearby charity, i.e. Harvest Hope.

Holiday cheer: By embracing holiday music, eggnog and Christmas cheer, you will be less susceptible to stress during the holidays.



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News and Notes

OPEN SEASON CONTINUES

The federal employees open season to select health insurance providers runs through Monday. For more information, call 751-5065.

A.T. E.A.S.E. INVITES SINGLE MOMS

Single mothers on active duty are invited to use A.T. E.A.S.E. free child care from 9 a.m. to noon or 6 p.m. to 9 p.m., Dec. 11. The free child care that day is scheduled so that single mothers can go holiday shopping without their children. For more information, call 708-2869.

CIVILIANS ENCOURAGED TO GET FIT

The Family and Morale, Welfare and Recreation civilian employee wellness program is partnering with the President’s Challenge for Physical Fitness. This self-paced online program encourages the FMWR civilian employee community to commit to fitness. To enroll, visit www.presidentschallenge.net/login/register_individual.aspx. For more information, e-mail Pamela.Greene1@us.army.mil.



Dec. 10 — 4 p.m. Cloudy With a Chance of Meatballs	PG
Dec. 10 — 7 p.m. Paranormal Activity 2	R
Dec. 11 — 6 p.m. Free screening	R
Dec. 12 — 6 p.m. Saw 3D	R
Dec. 15 — 2 p.m. Skyline	PG-13
Dec. 17 — 4 p.m. A Christmas Carol	PG
Dec. 17 — 7 p.m. Megamind	PG
Fort Jackson Reel Time Theater (803) 751-7488 Ticket admission Adults: \$4.50 Children (12 and younger) \$2.25 Visit www.aafes.com for listings.	

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Casualty assistance



Photo by SGT. 1ST CLASS FLOSTON ARTHUR, U.S. Army Chaplain Center and School
Advanced Individual Training and Chaplains Captain’s Career Course students from the U.S. Army Chaplain Center and School tend to a “casualty” during a recent exercise simulating a wartime scenario.

New gift card rules take effect

Consumers need to be aware of new rules that apply to gift cards sold on or after Aug. 22. These new rules apply to both store gift cards and credit card brand gift cards. Store gift cards can be used at a particular store or restaurant. The back of the gift card usually indicates the places where the particular gift card may be used.

Gift cards from MasterCard, Visa, Discover or American Express generally can be used at any location or retailer that accepts that particular credit card. It is important to distinguish between these gift cards and brand name prepaid, reloadable credit cards.

A reloadable, prepaid credit card with a name brand logo that is intended to be used like a substitute for a checking account or debit card is not covered under the new gift card rules.

Also excluded are gift cards that are given as part of a promotion, such as a customer who spent at least \$100 at a store and was given a \$15 gift card as a promotional gift.

FINANCIAL ADVICE
By MARTHA PHILLIPS
Army Community Service

The amount of money on a gift card is good for five years from the date the card is purchased. If additional money is put onto that same card at a later date, that money is also good for five years. If the actual card itself has an expiration date that expires before that five-year period, the card’s balance can be transferred to a new card for free.

There may still be fees associated with redeeming/using a gift card, but those fees must be clearly disclosed on the gift card itself or its packaging. There is a delay until Jan. 31 for requiring on-the-card disclosures in order to account for cards already printed before the new rules went into effect.

But retailers should communicate the on-the-card disclosures through other

methods, such as in-store signs, advertising, customer service phone numbers and websites.

Generally, fees can be charged if the gift card has not been used at all in over a year. But there is now a limit of one charge/fee of any kind per month. The types of fees affected by these restrictions include: inactivity fees for not using the card (dormancy fees); fees for using the card (usage fees); “maintenance” fees; and fees for adding additional money onto the card.

Consumers also need to be aware that companies usually charge fees for replacing lost or stolen cards. These fees are deducted from the amount of money on the gift card, reducing the overall value of the card. And keep in mind, if a company goes out of business the gift card is worthless.

For more information on rules applying to gift cards, visit www.federalreserve.gov or contact the Army Community Services Financial Readiness program at 751-5256.



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NMFA names Army Family of the Year

From USAG KAISERSLAUTERN PAO

KAISERSLAUTERN, Germany — An Army family that runs three charities for deployed troops was selected as the Army Family of the Year by the National Military Family Association.

Sgt. Joe Campbell and his wife Tawny, stationed at Kaiserslautern, run Operation Angel, Project Rudolph and Project Portrait with help from daughters Ceilidha and Rhyndi.

“As a family, you can go out and do these things,” Tawny Campbell said. “Serve as a family.”

Operation Angel cheers up injured troops through small gift bags passed out at Landstuhl Regional Medical Center. Project Rudolph provides gift bags to military members at overseas bases and in combat zones. Project Portrait creates family photographs before deployments and portraits for deployed Soldiers of their wives and newborn infants.

A flight medic with the Landstuhl-based Company C, 1st Battalion, 214th Aviation Regiment, Campbell is currently deployed

to Afghanistan on his second combat tour.

The projects are a family event when he is home and help the family stay connected when he is away, Tawny said.

“Every time we do something, I think, ‘this could be my husband,’” she said. “Because it is, in fact, somebody’s husband or father or son and it could easily be mine.”

In October, the Alexandria, Va.-based association picked seven families, one from each military service and other government agencies. The family was one of seven from different branches of the armed forces recognized in a ceremony Tuesday.

The award recognizes “strong military families who embrace their service to the nation, are role models in their community, and understand that together they are stronger,” according to the association website.

“We’re just the figurehead of a larger group of people supporting us and supporting the Soldiers,” Tawny said. “It’s not our name, it’s our volunteering. For those who volunteer, this recognition is just as much for them as it for us.”



Photo by RICK SCAVETTA, USAG Kaiserslautern

Tawny Campbell and children Ceilidha and Rhyndi, prepare goodie bags as part of their charity work in Kaiserslautern, Germany.

Gold Star wives to be recognized on Capitol Hill

By C. TODD LOPEZ
Army News Service

WASHINGTON — For the first time, America officially recognizes the contributions and dedication of military widows with “Gold Star Wives Day.”

A Senate resolution designates Dec. 18, 2010, as a day to honor and recognize the contributions of the members of the Gold Star Wives of America, Inc.

The group, with about 10,000 members, provides service, support and friendship to the widows and widowers of military personnel who died on active duty or as the result of a service-connected cause.

“This is the first year we’ve had a Gold

Star Wives Day. It’s something that our government relations committee has been working on,” said Kit Frazer, president, Gold Star Wives of America Inc. “It’s national recognition for the organization, which is wonderful. It’s something very special to us.”

Frazer’s husband was an Army helicopter pilot and was killed in Thailand during the Vietnam War. She said the organization represents military widows from every war since World War II.

Vivianne Wersel serves as the chairman of the Gold Star Wives government relations committee. Her husband, Marine Lt. Col. Rich Wersel, died Feb 4, 2005.

She said she hopes the observation brings awareness to the efforts of the Gold Star Wives.

“Part of it is public awareness, that the organization does exist and has existed since 1945, and the only time when we are really in the eye of the public is when we are on (Capitol Hill),” she said.

One of the issues Wersel said the Gold Star Wives would like to bring attention to is how widows receive benefits after the deaths of their husbands — in particular, how dependency and indemnity compensation from the Department of Veterans Affairs affects a survivor’s payments from the Survivors Benefit Plan.

Wersel said some are confused by

what the organization is working for when they ask that the rules governing benefits be changed. She said it helps to understand that a military wife often gives up a chance to earn her own retirement benefits when she agrees to move with her husband’s military career.

“When you are a spouse and you have to move 10 times to 10 states in 10 years you don’t get your own retirement,” she said. “Your retirement is a team retirement.”

She said one of the objectives of the Gold Star Wives of America, Inc., is to bring attention to that issue, and she hopes the observation Dec. 18 will bring attention to that effort.



Photo by KRIS GONZALEZ

Members of the Pinckney School Chorus lead the crowd in singing Christmas carols during the post's Christmas Tree, Manger and Menorah Lighting.

Santa stops by lighting ceremony

By KRIS GONZALEZ
Fort Jackson Leader

Santa Claus came to town early, bearing gifts and holiday cheer for children of all ages.

Hundreds of Fort Jackson community members were greeted by Santa's jolly "Ho, Ho, Ho," as he rode on top of a fire-truck during a surprise visit to post headquarters Thursday for the 22nd annual Christmas Tree, Manger and Menorah Lighting ceremony.

Despite frigid weather, children eagerly lined up to sit on Santa's lap to relay their Christmas wishes and to have their photo taken with the most famous man on Earth.

"It was awesome," said Brooke Bourne, whose 5-year-old son Ian asked "Father Christmas" for a blue motorcycle with silver stars. "The look on his face was priceless."

Just moments before Santa arrived, Maj. Gen. James Milano, commanding general, and two children from the crowd pushed the button to light the tree, manger and Menorah all at once, igniting a burst of cheers and applause from the crowd.

The 282nd Army Band and the C.C. Pinckney School Chorus led the audi-



Chief Warrant Officer W. Scott MacDonald, commander of the 282nd Army Band, conducts the band members as they perform a Christmas medley during Fort Jackson's 22nd annual Christmas Tree, Manger and Menorah lighting ceremony Thursday in front of Post Headquarters.

ence in a medley of Christmas carols.

"They sounded great," Bourne said. "They sang really good Christmas songs. My favorite was definitely, 'Here comes

Santa Claus.'"

Bourne said seeing her 12-year-old daughter, Ashley Jenkins, a sixth grader at C.C. Pinckney Elementary School,

sing in the chorus, brought back merry Christmas memories from her own childhood.

"Seeing her (sing) reminded me of when I was growing up and singing in Christmas performances," Bourne said. "I'm a very proud parent."

Annette Francis, music teacher and choral director for the Pinckney Chorus, said she was elated by her students' performance.

"For the first performance of the season, the students performed very well," Francis said. "They were excited and grateful for the opportunity to share our music with the Fort Jackson community."

Following the ceremony, the attendees were invited to enjoy cookies and hot cocoa.

Kris.Gonzalez1@us.army.mil

IN THE KNOW

Fort Jackson community members are invited to see the Pinckney School Chorus perform at the school's Winter Concert 7 p.m., Tuesday at the school's auditorium.

Post children join in reindeer games

Leader staff report

Family member Tamesha White said that she decided this summer that enough was enough; it was time for her to lose weight.

Since then, White — who has since lost 40 pounds — has tried to make sure she and her family are maintaining a healthy lifestyle. That lifestyle is what prompted White, her husband and her three sons to attend Saturday's Jingle Bell Jog event at the Youth Sports Complex.

"I thought it was so much fun," White said. "It was cold, but it was nice."

White was among the dozens of Soldiers and family members who attended the Child, Youth and School Services event. Despite temperatures in the low 30s, event participants, walked, jogged and ran up to four miles before heading back to the Youth Sports Complex for a healthy breakfast.

After taking time to enjoy "Blitzen's Bites" — a meal of scrambled egg whites, fresh kiwi and whole-wheat waffles topped with blueberries, the children headed to the field for Reindeer Games with CYSS staff and Tess Twinkle, one of Santa's elves.

Though White said the meal was not what she was used to, she said it did give



Photo by THERESA O'HAGAN, FMWR

A group of Child, Youth and School Services children sprint during a game at the Youth Sports Complex during Saturday's Reindeer Games.

her ideas for healthy food options.

For example, she said, her children en-

joyed the waffles, which were covered in fruit instead of syrup.

"(My kids) are going to grow up eating healthy," she said.



Photos by CRYSTAL LEWIS BROWN

Left photo, Tamesha White jogs alongside her son Tayveon, 4, and husband Daniel during Saturday's Jingle Bell Jog at the Youth Sports Complex. Above, Jeanette Dempsey, SKIES director, helps feed her daughter, Rylee, 4, a whole-wheat waffle after the Jingle Bell Jog.



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Seven issues to be forwarded to TRADOC

Continued from Page 1

His family stayed behind at their home in Georgia while the Soldier completed nine weeks of drill sergeant training. In October, he returned to Georgia to uproot his family and move them to Fort Jackson, where he was assigned as a drill sergeant for Company B, 120th Adjutant General Battalion.

"It was tough," Sandra Good said about moving their children, one of whom has asthma and allergies, another who is diabetic and a third child who is autistic.

"We were breaking their routine," Sandra Good said. "They had to start all over again at a new school. (Moving) is hard for any child to adjust, but it's especially hard for children who have special needs."

For many drill sergeants at Fort Jackson, the Good family's story is all too familiar.

Many Soldiers are ordered to attend Drill Sergeant School too soon after a deployment, Sandra Good said. And worse, many are redeployed too soon after leaving Fort Jackson once they have completed their two-year drill sergeant assignments, she said.

"I know families who have left Fort Jackson and within weeks of getting to their new duty stations, (the Soldier) is on another deployment," Good said. "As a family member, I feel there needs to be a change. There needs to be longer dwell time and stabilization time before and after deployments."

Sandra Good was one of many Fort Jackson community members who voiced concerns about Soldier dwell time at the Fiscal Year 2011 Fort Jackson Army Family Action Plan conference Dec. 2-3 at the Officers' Club. There, workgroups of volunteer delegates narrowed 39 quality-of-life issues to seven top concerns and presented the issues and recommended solutions to Col. James Love, garrison commander, and Maj. Gen. James Milano, commanding general.

The issue of dwell time became a hot topic after delegates performed a skit, bringing to life three snapshots of events common to drill sergeants: a return from deployment, drill sergeant duty and leaving for another deployment.

In the re-enactment, the workgroup's spokesperson, Maj. Daniel Middlebrooks, an instructor with the U.S. Army Chaplain Center and School, described images of a happy family celebrating the joyous return of their Soldier, that same family persevering through sacrifices made during grueling and draining drill sergeant duty and a final picture of the family as it loses hope and falls apart just as the Soldier deploys again.

"Three simple pictures, but they express more than a thousand words from Soldiers coming into and leaving out of Fort Jackson as drill sergeants," Middlebrooks said.

"Drill sergeant duty is a professionally demanding



Photo by KRIS GONZALEZ

Sgt. Penny Cann, who is role playing a drill sergeant recently home from a deployment, is welcomed home by Staff Sgt. Maurice Riggins and Lauren Hearon, who are playing her husband and daughter in a skit during Fort Jackson's Army Family Action Plan conference Friday at the Officers' Club. The skit was intended to demonstrate the deployment-drill sergeant duty-deployment cycle some drill sergeants experience before and after being assigned to Fort Jackson.

assignment that impacts Comprehensive Soldier Fitness," he said. "This includes the family, physical, emotional, mental, spiritual and social dynamics of Soldier readiness. The cycle of concern here is deployment, drill sergeant duty, deployment ... If victory truly does start here, we need to be victorious in stopping the cycle."

The workgroup concluded the Army's current 90-day stabilization policy does not provide redeploying Soldiers adequate time for reintegration prior to attending Drill Sergeant or Recruiting School.

"Soldiers don't have adequate time to readjust to their family or work environments prior to attending these very demanding types of schools and stepping right into those demanding responsibilities. It adversely impacts their mission performance and personal readiness," Middlebrooks said.

It also adversely affects the Soldier's family dynamics,

he said.

"If you are preparing to leave again, do you truly engage and connect with someone that's about to say goodbye once more?" he asked.

The workgroup recommended revising Army Regulation 614-30 to increase stabilization following deployments from the current mandate of 90 days to 180 days for Soldiers on orders to Drill Sergeant or Recruiting School.

"An additional 90 days would mean (the Soldiers) would have at least six months, or 180 days, before actually attending a school," he said. "That would give them time to reintegrate with their families, get back into the social environment and do the things they need to do prior to going to school."

The workgroup also recommended that a policy be implemented for Soldiers coming off of drill sergeant duty to ensure they receive 12 to 15 months of reset time, or a recalculation of dwell time for drill sergeant duty at a reduced rate.

The workgroup's policy would allow Soldiers to be protected by Human Resources Command through an identifier that allows them to leave their drill sergeant duty and have some time to reset or stabilize with their families before deploying with their next unit, he said.

Love and Milano both said they thought the issue of dwell time, for both before and after drill sergeant duty, was worth forwarding to TRADOC for consideration for the FY '11 TRADOC AFAP Conference in the spring.

"I understand the issue," Milano said. "It is tough duty and no doubt about it, the drill sergeants are working their tails off. I do think there's merit. The big Army would have to figure out how to do this, but I do think it's worth sending up."

Kris.Gonzalez1@us.army.mil

IN THE KNOW

This is the first of a series of articles about issues selected during the Fort Jackson Fiscal Year 2011 Army Family Action Plan conference.

AFAP is an Army-wide program that provides a forum for Soldiers, family members, retirees and DA Civilians to voice concerns and recommend solutions to Army leadership.

During Fort Jackson's conference, workgroups of volunteer delegates narrowed 39 quality-of-life issues to seven top concerns and presented the issues and recommended solutions to the garrison commander and commanding general.

All seven issues will be forwarded to the TRADOC

AFAP Conference in the spring, when representatives from TRADOC communities will review and prioritize all TRADOC issues and send the top concerns to the Headquarters, Department of the Army AFAP Conference, where delegates will decide possible solutions to quality-of-life issues for all Soldiers, family members, retirees and DA civilians.



Magnet program meetings announced

From the Office of the School Liaison

Expanded Choice and Magnet program informational sessions for parents interested in finding out more their children's school options are scheduled throughout January.

The meetings are recommended for students who are changing schools, school levels, applying to magnet programs or those new to Richland Two. Information regarding individual school and magnet programs will be provided during informational meetings.

Parents must provide transportation for students who choose programs that are not located at their regularly zoned schools. Applications will only be available on the district's website Jan. 4-28.

An information meeting for parents of fifth and sixth grade students interested in learning more about the Richland Two magnet programs is also scheduled on post for 3 p.m., Monday at the C.C. Pinckney Elementary School media center. Dawn McLeod, Richland Two director of Academic Initiatives, is the scheduled presenter.

Upcoming off-post meetings are as follows:

ELEMENTARY SCHOOLS

- Jan. 5:** Rice Creek Elementary cafeteria; receive information about the Environmental Fitness Academy.
- Jan. 6:** Center for Inquiry gathering area; magnet program information meeting.
- Jan. 10:** Killian Elementary School



Courtesy photo

Audrey Andrieski, a teacher with the North Springs Elementary Schools' Science, Technology, Engineering and Mathematics School, or STEMs, assists 7-year-old Sarah Porter with a computer program. STEMs is one of many local magnet programs available to students.

- multipurpose room; receive information about Leadership Talent Development programs.
- Jan. 11:** Center for Achievement computer lab; magnet program information meeting.
- Jan. 11:** Windsor Elementary School cafeteria; receive information about the International Baccalaureate Program.
- Jan. 12:** Joseph Keels Elementary

- School cafeteria, receive information about the School of Entrepreneur Leadership.
- Jan. 13:** Lonnie B. Nelson Elementary School town hall; receive information about the Academy for Civic Education.
- Jan. 18:** North Springs Elementary auditorium; receive information about Science Technology Engineering and Mathematics School.
- Jan. 19:** L.W. Conder Elementary

- cafeteria; Arts Integrated Magnet information meeting.
- Jan. 20:** The Montessori School at Spears Creek Road Child Development and Pontiac Elementary School media center; Montessori information meeting.
- Jan. 25:** Center for Knowledge multipurpose room; magnet information meeting.
- Jan. 27:** Forest Lake Elementary media center; technology magnet information meeting.

MIDDLE SCHOOLS

- Jan. 4:** Dent Middle cafeteria; receive information about the Single Gender and FAME academies.
- Jan. 10:** E. L. Wright gymnasium; receive information about Leadership at Wright International Baccalaureate program.
- Jan. 11:** Center for Accelerated Preparation Richland Northeast High auditorium; magnet information meeting.
- Jan. 11:** Summit Parkway Middle School gymnasium; receive information about the Academy of Exercise Physiology and Sports Medicine.
- Jan. 12:** Dent Middle cafeteria; receive information about The Learning Collaborative and FAME.
- Jan. 13:** Blythewood Middle School gymnasium; school information meeting.
- Jan. 24:** Longleaf Middle multipurpose room; receive information about the School for Zoological and Botanical Studies.
- Jan. 27:** Kelly Mill Middle School gymnasium; magnet information meeting.



FORT JACKSON SCHOOLS

- ☐ School Board meeting, 4 to 5 p.m., Tuesday at C.C. Pinckney Elementary School
- ☐ Dec. 20-31: Winter break
- ☐ Jan. 3: Classes resume
- ☐ Jan. 6: School Board meeting, 4 to 5

- p.m., C.C. Pinckney Elementary School
- ☐ Jan. 17: Martin Luther King Jr. holiday (no school)
- ☐ Jan. 18: Early dismissal, 11:30 a.m.
- ☐ Jan. 24: Professional development (no school)

RICHLAND DISTRICT ONE

- ☐ Dec. 20-31: Winter break
- ☐ Jan. 3: Classes resume
- ☐ Jan. 11: End of second reporting period (90 days)
- ☐ Jan.:13 Delayed start for high schools
- ☐ Jan. 17: Martin Luther King Jr. holiday (no school)
- ☐ Jan. 19: Report cards issued

RICHLAND DISTRICT TWO

- ☐ Dec. 20-31: Winter break

- ☐ Jan. 3: Classes resume
- ☐ Jan. 13: End of second nine weeks/semester one
- ☐ Jan.14: Professional development (no school)
- ☐ Jan. 17: Martin Luther King Jr. holiday
- ☐ Jan. 18-25: Report cards issued

RICHLAND TWO REZONES

With the additional growth of Richland District Two, rezoning is required to maintain a safe and nurturing environment for students. Students who attend Pontiac Elementary, Polo Road Elementary and all Richland Two middle schools may be affected by this growth. For more information about zoning and how this may impact students'

schools for the next academic school year, visit www.richland2.org and click under the "headlines" link at "Proposed attendance line changes."

ADD/ADHD WORKSHOP SET

An Attention Deficit Disorder Workshop is scheduled for 9 to 11 a.m., Jan. 12, at the Fort Jackson Main Post Chapel. The workshop is presented by PRO-Parents of South Carolina.Tanya Inabit, regional educational coordinator is scheduled to speak. Topics include: understanding ADD/ADHD; functional behavior assessments; behavioral intervention plans; and teaching strategies. The workshop is free. For more information, or to register, call 800-759-4776 or 751-6150.

At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy’s Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hour on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2 to 10 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Thursday, 1 to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year’s Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times.
Officers’ Club	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 2 p.m.
Palmetto Falls Water Park	751-3381	**Closed for season**
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pools, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; 4:30 to 7 p.m.
Pools, Legion	751-4796	**Closed for season**
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; open 24 hours for drop-off
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday-Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at fjleader@conus.army.mil.

Calendar

Today
Commanding general’s retention luncheon
11:30 a.m., Officers’ Club
Subordinate units and civilian employees who have significantly aided the retention mission are recognized for their accomplishments.

Military Chaplains Association, South Carolina chapter meeting
Noon, Officers’ Club

Saturday
Wreaths Across America
11 a.m., Fort Jackson National Cemetery

Sergeants Major Association Christmas party
6 p.m., Officers’ Club
Tickets cost \$25. For tickets, call 381-2939 or 815-621-4180.

Monday
Workshop — GI Bill comparison: Which one is right for you?
9 to 10 a.m., SFAC multi-purpose room
For more information, call 751-3360

Combined Federal Campaign victory luncheon
Noon, Officers’ Club

Tuesday
School board meeting
4 p.m., C.C. Pinckney Elementary School

Tuesday, Dec. 21
Teen job information fair
11 a.m. to 2 p.m., Main Post Chapel
For more information, call 751-7706.

Monday, Dec. 27
Teen Career Exploration workshop
10 to 11:30 a.m., Strom Thurmond Building, Room 222. Open to all military dependent teens. For registration, call 751-4862.

Tuesday, Jan. 11
Baby basics workshop
10 a.m. to 3 p.m. For more information, call 751-6304/1071/6868.

Thursday, Jan. 13
Tobacco cessation class
3 to 4 p.m., Moncrief Army Community Hospital, staff conference room, third floor.

Monday, Jan. 24
Family child care orientation training
8 a.m. to 4 p.m. on Dec. 24-28 at the Joe E. Mann Building. Applications will be accepted until Jan. 18. For more

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

information, call 751-6234.

Housing events

Through Dec. 21
Holiday decorating contest
Homes will be judged 3 p.m., Dec. 21.

Friday
Christmas parade and party
Santa Claus will throw candy from a fire truck. After the parade, enjoy a dessert bar, have some hot chocolate and participate in giveaways.

Thursday, Dec. 16
National Chocolate Covered Anything Day
3 p.m.
Enjoy chocolate fondue at the Community Center.

Tuesday, Dec. 21
Crock-Pot recipe exchange
A slow cooker station will be set up in the Community Center. Cards featuring each recipe will be available. Tasting will begin at 3 p.m.

Friday, Dec. 24
Offices closed for Christmas Eve

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Announcements

SPECIAL FORCES
The U.S. Army Special Forces is seeking professional enlisted and officer volunteers from all branches. Briefings are scheduled for noon and 2 p.m., today at the NCO Club. Call 912-767-1400 or visit www.bragg.army.mil/sorb for more information.

LIFEGUARD INSTRUCTOR COURSE
A lifeguard instructor course is scheduled for Friday through Sunday and Dec. 18-19 at Knight Pool. The course costs \$205, which covers certification. For more information, call 751-4796 or 206-0633. To register, call 540-1215.

COMMISSARY NEWS
The commissary will be open from 7:30 a.m. to 8 p.m., Dec. 20 and from 10 a.m. to 3 p.m., Dec. 24. It will be closed on Christmas and New Year’s Day.

THRIFT SHOP NEWS
The Thrift Shop will be closed Dec. 28 through Jan. 6. Before Christmas, Wednesday shoppers will have a chance to win a Christmas basket every hour from noon to 5 p.m. Organizations that want to request funds, should submit a welfare request form. The form should list the reason, number of people involved

and what other sources for funding have been explored.

ARMY COMMUNITY SERVICES
Army Community Services will close at noon Dec. 17, 23, 30. It will be closed Dec. 24, 25, 31 and Jan. 1. An ACS caseworker will be available for emergencies requiring Army Emergency Relief. Call 751-5256 or 800-337-3445 for AER assistance.

MONEY MATTERS CLASS
Money Matters, a Boys and Girls Club program for 14-18 year olds, meets 7:30 p.m. Wednesdays and 4 p.m. Saturdays at the Youth Services Center. The classes focus on budgeting, saving and planning for college. For more information, call 751-7706.

VA CASH BENEFITS
Pension-eligible veterans who require home care, assisted living or nursing home care may be eligible for VA Aid and Attendance and Housebound Benefit benefits. For more information, visit www.vb.va.gov/bln/21/pension/vetpen.htm#7 or e-mail va@oepp.sc.gov.

ACS ON SOCIAL MEDIA
Army Community Service now has a Facebook page and Twitter feed. Follow FtJacksonACS on Twitter or friend Ft Jackson ACS on Facebook.

Life-saving donation



Photo by CHRIS RASMUSSEN

Red Cross worker Romico Grant checks the volume of blood being donated by Madge McNaboe, a Family and Morale, Welfare and Recreation employee, during a blood drive Wednesday at the Balfour Beatty Community Center. The drive yielded 21 pints of blood for Moncrief Army Community Hospital and MEDCOM.

Santa makes on-post stop

Holiday brunch set for Saturday

By **THERESA O'HAGAN**
Family and MWR

Everyone has a favorite holiday tradition; maybe it is the annual family outing to pick out the Christmas tree, or a special family meal, or even just watching "Miracle on 34th Street" on television. The NCO Club has a favorite holiday tradition, as well — the Annual Children's Holiday Brunch.

"Holiday is all about family, and we want the Fort Jackson community to know we appreciate Soldiers and their families," said Rose Ann Turner, chief, Business Operations Division, Family and Morale, Welfare and Recreation. "We look forward to providing a fun, family-oriented and affordable event every year for families to come together over a fantastic meal, participate in games and crafts projects, and enjoy spending time together."

This year's Children's Holiday Brunch is scheduled for 9 to 11:30 a.m., Saturday. The brunch features a magic show with children's comedian Sara Dippity at 10 a.m., face painting, art and play stations.

A holiday brunch would not be complete without a visit from the jolly old elf himself, Santa Claus. Santa



Family and Morale, Welfare and Recreation photo

Sara Dippity, far right, paints faces during a Military Family Appreciation brunch at the NCO Club last month. The children's comedian will perform during Saturday's holiday brunch.

Claus' special elf-in-charge-of-military-operations, Tess Twinkle, will also be there preparing for Santa's arrival with a few treats of her own. Children young and old can have their photos taken with Santa Claus and Tess Twinkle.

"My kids always come," said Carol Madison, "Everything is beautiful. They love the face painting and magic show. They really have fun."

Expect a full breakfast buffet with

holiday treats and other delicious surprises. Reservations are not required, but recommended. The cost for adults is \$6, children 4-12 years old are \$4 and children 3 and younger eat for free. The cost is all-inclusive and includes the buffet, art and play centers, face painting, magic show and photo with Santa Claus. All revenue generated by Family and s activities is reinvested in quality-of-life programs for Fort Jackson Soldiers and families.

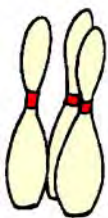
DECEMBER EDGE! CLASSES

❑ **Let 'er Roll! bowling** — 3:30 to 5 p.m., Tuesdays and Fridays, Century Lanes Bowling Center. For ages 10-18.

❑ **Gifts for the Whole Family** — 3:30 to 5 p.m., Thursdays, Balfour Beatty Community Center. For ages 9 to 16.

Today: Make a clipboard photo holder.

❑ **EDGE! Christmas in Camelot** — 3:30 to 5 p.m., Wednesdays, Post Library. For ages 6 to 10. Make holiday



crafts.

❑ **Liquid Hoops** — 4 to 5:30 p.m., Mondays and Thursdays, Knight Pool. For ages 9 to 16.

Today: Liquid hoops gets more challenging with a beachball instead of a basketball. Play in one-on-one, two-on-two and three-on-three tournaments.

❑ **Not Bored with Board** — 3:30 to 5 p.m., Fridays, Balfour Beatty Community House. For ages 9 to 14. Play board game favorites in a tournament.

School-age children who register with Child, Youth and School Services qualify for four hours of open recreation, which can be used toward any EDGE! program.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour.

FMWR calendar

TODAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 7 p.m. Appetizers available while they last.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.
- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761.

MONDAY

- ❑ TRX Outdoors group fitness classes at the **Perez Tennis Court**. Call 751-5768 for more information.

WEDNESDAY

- ❑ Come to Morale Call starting at 8 p.m. in the NCO Club **Liberty Lounge** and pay no cover charge. Starting at 10 p.m., ladies specials begin in the ballroom during Working Women's Wednesdays.
- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**
- ❑ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

For a complete calendar, visit www.fortjacksonmwr.com.

ONGOING OFFERS

- ❑ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.



Above photo, Chief Warrant Officer W. Scott MacDonald, commander and conductor of the 282nd Army Band, leads the band in its performance of “Sleigh Ride,” during the Fort Jackson Holiday Concert Sunday night at the Solomon Center. Right photo, from left, Staff Sgts. Lawrence Patterson and Jamie Risset, trombonists with the 282nd Army band, belt out “A Christmas Festival” during the band’s annual holiday concert.

Photos by CHRIS RASMUSSEN



The 282nd Army Band opens its annual holiday concert with a performance of “A Christmas Festival” Sunday night at the Solomon Center.

Holiday concert rocks

By CHRIS RASMUSSEN
Fort Jackson Leader

More than a thousand eager Soldiers-in-training got an early glimpse of home Sunday during the 282nd Army Band’s annual Fort Jackson Holiday Concert.

The concert featured Christmas classics such as “I’ll Be Home for Christmas” and “Sleigh Ride” and culminated with a visit by Santa Claus and sing-along to “We Wish You a Merry Christmas.”

Basic Combat Training and Advanced Individual Training Soldiers will depart from Fort Jackson soon to travel home for the holidays during Block Leave.

“I am so excited about the holidays now,” said Pvt. Reem Bushnaq, Fitness Training Company, 120th Adjutant General (Reception) Battalion. “The concert was so refreshing. I have been here for a long time now, and I am ready to go home for a break.”

Many young Soldiers enjoyed the break from Christmas tradition for more spirited rock’n’roll selections such as “Father Christmas” by The Kinks, performed by the 282nd Rock Band. Sgt. Jeffery Groome brought a

smile to the crowd with his rendition of “You’re a Mean One Mr. Grinch.”

“The band did a great job,” said Pfc. Chantal Hines, FTC, 120th Adjutant General (Reception) Battalion. “It really put us in the Christmas spirit.”

Soldiers-in-training were not the only ones who got into the Christmas spirit. The concert was attended by retired Master Sgt. John Baker Jr., Medal of Honor recipient, and retired Brig. Gen. James Schwitters, former Fort Jackson commanding general.

“The band had a wide variety of music styles and played a little something for everyone. All the way from Basic Combat Training Soldiers to the commanding general,” said Chief Warrant 5 Robert Nixon, Army Band Propensity Officer, Soldier Support Institute. “I enjoyed it a lot.”

The 33-member band is led by Chief Warrant Officer W. Scott MacDonald, commander and conductor.

Maj. Gen. James Milano, Fort Jackson commanding general, wrapped up the evening by presenting former WISTV news anchor Joe Pinner with a plaque commemorating his 40th year enceeding the holiday concert.

Chris.Rasmussen@us.army.mil



Joe Pinner receives a plaque from Maj. Gen. James Milano, commanding general, commemorating Pinner’s 40 years of emceeding the installation’s annual holiday concert.

Foodborne illnesses preventable

By MAJ. THOMAS W. SHERBERT
Moncrief Army Community Hospital

Foodborne outbreaks have made recent headlines throughout the United States; “Bacteria Sicken...4,000 in Chicago Area;” “Meat Plant Recalls 282,000 Pounds of Ground Beef;” “Child’s Death Blamed on E. Coli.”

Foodborne illnesses are surprisingly common, striking up to 80 million people each year and causing 9,000 deaths. Food poisoning, foodborne intoxication and foodborne infections are terms applied to illnesses acquired through consumption of contaminated food or water.

The terms apply to intoxication caused by chemical contaminants, bacterial growth or noxious organic substances that may be present in natural foods such as E.coli, salmonella, and trichinosis.

Foodborne illness outbreaks usually

BACTERIA	SOURCE	SYMPTOMS
Campylobacter jejuni	Poultry, milk, untreated water	Chiefly diarrhea, sometimes paralysis
Salmonella	Eggs, poultry, meat, fresh produce	Severe dysentery; long term chronic arthritis
Listeria monocytogens	Cheese, deli cuisine, pate, etc.	Fever, headache, vomiting, meningitis, stillbirths
Cryptosporidium parvum	Shellfish from warm-water areas	Varies from flu-like symptoms to shock and death
Trichinella (a worm)	Undercooked or raw pork (also walrus and bear meat)	Flu-like symptoms that can lead to heart and breathing problems

Source: CDC Foodborne and Diarrheal Diseases Branch

occur within a short period of time after consumption, and among individuals who have consumed foods in common. Prevention and control of these illnesses are based on the simple principles of avoiding food contamination, following strict cooking/storage/reheating temperatures and preventing the growth of contaminants.

Consumers can prevent most of the foodborne illnesses that occur at home. Unsanitary food practices are major contributors to outbreaks of foodborne illness. Errors made in shopping, transportation, storing, preparation and serving food can allow bacteria to survive and multiply. Preparing food a day or more in advance prior to consumption, if handled improperly, can allow bacteria more time to multiply.

Proper handwashing is the best way of defeating bacteria. Wash hands often and before handling and eating food. For example, don’t use the same cutting board to prepare raw chicken and cut vegetables for a salad. Also, ensure children wash their hands before eating, and watch out for the double dippers at church picnics.

Contact the Environmental Science Officer at 751-1704 for more information on food safety and other public health issues.

College students’ TRICARE benefits extend through break

TRICARE Management Activity

With winter break fast approaching, many college students are looking forward to visiting family or friends over the holidays. Making sure their TRICARE benefits follow them during the holiday season is a simple process.

To avoid higher out-of-pocket costs and point-of-service charges, students using TRICARE Prime must get all of their routine care from their primary care manager before heading home or elsewhere for the winter break. If a student needs specialty or urgent care, a referral from his or her primary care manager is necessary or point-of-service charges will apply.

If there is an emergency, a college student on TRICARE prime should call 911 or go to the nearest emergency room immediately. His or her PCM must be notified within 24 hours of the emergency room visit.

When a student is using TRICARE Standard, TRICARE’s

most flexible option, he or she can see any TRICARE-authorized provider.

Students using either TRICARE Standard or Prime can use TRICARE’s pharmacy benefit anywhere as long as their Defense Enrollment Eligibility Reporting System information is current and they have a valid ID card. For information about updating DEERS, go to www.tricare.mil/DEERS.

For more information about TRICARE choices for college students, go to www.tricare.mil/collegestudents.

Sign up for TRICARE e-mail updates at www.tricare.mil/subscriptions.

Connect with TRICARE on Facebook and Twitter at www.facebook.com/tricare and www.twitter.com/tricare.

The TRICARE Management Activity administers the worldwide health care plan for 9.6 million eligible beneficiaries of the uniformed services, retirees and their families.

MACH updates

ONLINE BOOKING FOR MINORS

TRICARE Online now allows authorized family members to schedule, view and cancel appointments on behalf of themselves, other adult family members (who have granted access) and children younger than 18 through the TRICARE online booking appointments for minors feature. Access TBAM by logging onto www.tricareonline.com using DoD self-service logon or a Common Access Card.

MACH RETIREE ENROLLMENT

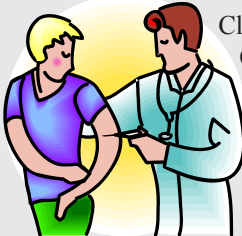
Retirees and their family members who are TRICARE Prime eligible can now enroll at Moncrief Army Community Hospital. Active-duty family members, retirees and retiree family members who want to enroll at MACH can visit the TRICARE Service Center on the 10th floor at MACH. For more information, call the Patient Services Office at 751-2425/0471/2778 or e-mail machptservices@amedd.army.mil.

OUTPROCESSING PROCEDURE

Soldiers must clear the Department of Behavioral Health prior to leaving the installation. Outprocessing hours are 2 to 3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

SEASONAL FLU VACCINATION INFORMATION

Seasonal flu shots are available to all eligible beneficiaries, 4 and older, 7 a.m. to 4 p.m., Tuesday through Friday, in Room 6-27, Moncrief Army Community Hospital. No vaccinations will be given Dec. 24, 25, 27 or 31. Children, newborns to 36 months, can receive vaccinations on a walk-in or appointment basis at the Family Health



Clinic. Call 751-2210 for more information. Other sites are as follows:

Commissary vaccinations: 10 a.m. to 1 p.m., Friday, Tuesday and Dec. 17.

Solomon Center: 8 a.m. to 3:30 p.m., Monday and Dec. 20; and 8 a.m. to 2 p.m., Dec. 18.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Jan. 20 Leader must be submitted by Jan. 6.

Announcement submissions are due one week before publication.

For example, an announcement for the Jan. 20 Leader must be submitted by Jan. 13.

Send submissions to FJLeader@conus.army.mil.



VICTORY BLOCK LEAVE WORSHIP SERVICE SCHEDULE

PROTESTANT

■ Dec. 19
9 a.m. Gospel service, Post Theater
9:30 a.m. Main Post Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
■ Dec. 26
9 a.m. Gospel service, Post Theater
9:30 a.m. Main Post Chapel
11 a.m. Memorial Chapel
■ Jan. 2
9 a.m. Gospel service, Post Theater
9:30 a.m. Main Post Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel

MASS

■ Dec. 19
11 a.m. Main Post Chapel
■ Dec. 20
11:30 a.m. Main Post Chapel
■ Dec. 21
11:30 a.m. Main Post Chapel
■ Dec. 22

11:30 a.m. Main Post Chapel
■ Dec. 23
11:30 a.m. Main Post Chapel
■ Dec. 24
11:59 p.m. Midnight Mass, Main Post Chapel
■ Dec. 25
11 a.m. Main Post Chapel
■ Dec. 26
11 a.m. Main Post Chapel
■ Dec. 28
11 a.m. Main Post Chapel
■ Dec. 29
11 a.m. Main Post Chapel
■ Dec. 30
11 a.m. Main Post Chapel
■ Dec. 31
5 p.m. Main Post Chapel
■ Jan. 2
11 a.m. Main Post Chapel

ANGLICAN/LITURGICAL

■ Dec. 19
8 a.m. Anderson Street Chapel
■ Dec. 26
8 a.m. Anderson Street Chapel

■ Jan. 2
8 a.m. Anderson Street Chapel

SPECIAL SERVICES

■ Dec. 24
6 p.m. Candlelight Service, Main Post Chapel
■ Dec. 25
10 a.m. Christmas Day Service (lessons and carols), Anderson Street Chapel
■ Dec. 31
9 p.m. Watch Night Service, Magruder Chapel

The following services will not be conducted during Victory Block Leave: Church of Christ, Hispanic Protestant, Jewish, Latter Day Saints, Muslim.

The regular worship service schedule will resume Jan. 9.

ADDRESSES, PHONE NUMBERS

Anderson Street Chapel
2335 Anderson St., corner of Jackson Boulevard, 751-7032

Bayonet Chapel
9476 Kemper St., 751-6322/4542
Daniel Circle Chapel
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
Education Center
4581 Scales Ave.
Family Life Chapel
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
Magruder Chapel
4360 Magruder Ave., 751-3883
Main Post Chapel
4580 Scales Ave, corner of Strom Thurmond Boulevard, 751-6469/6681
McCradly Chapel (SCARNG)
3820 McCradly Road (located at McCradly Training Center)
Memorial Chapel
4470 Jackson Blvd., 751-7324
Warrior Chapel (120th AG Bn.)
1895 Washington St., 751-5086/7427
Installation's Chaplain's Office
4475 Gregg St., 751-3121/6318



PROTESTANT

■ Sunday
9 a.m. McCradly Chapel (SCARNG), McCradly Training Center
9 a.m. Daniel Circle Chapel Gospel service, Post Theater
9:30 a.m. Hispanic, Solomon Center
9:30 a.m. Main Post Chapel
10:45 a.m. Sunday school, Main Post Chapel
11 a.m. Magruder Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next, Bayonet Chapel
6 p.m. Transitions Christian service, Anderson Street Chapel
■ Wednesday
6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

■ Monday
7 p.m. Women's Bible study (PWOC), Main Post Chapel
■ Tuesday
9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
■ Wednesday

6 p.m. Gospel prayer service, Magruder Chapel
7 p.m. Gospel Bible study, Magruder Chapel
7 p.m. LDS scripture study, Anderson Street Chapel
■ Saturday
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

■ Sunday
5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
■ Saturday
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

■ Monday through Friday
11:30 a.m. Mass, Main Post Chapel
■ Sunday
9:30 a.m. CCD (September through May), Education Center
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
11 a.m. Mass (Main Post Chapel)
12:30 a.m. Catholic youth ministry, Main Post Chapel
7 p.m. Women's scripture study, Main Post Chapel

8 p.m. Mass, McCradly Chapel (SCARNG), McCradly Training Center
■ Wednesday
7 p.m. Rosary, Main Post Chapel
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
■ Friday
11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

■ Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

■ Sunday
8 to 10 a.m. Islamic studies, Main Post Chapel
■ Friday
1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

■ Sunday
9:30 to 10:30 a.m. Worship service, Memorial Chapel
10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

■ Sunday
11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

■ Sunday
9:30 to 11 a.m. Anderson Street Chapel
■ Thursday
7 to 8 p.m. LDS scripture study, Anderson Street Chapel

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4470 Jackson Blvd., 751-7324
Warrior Chapel (120th AG Bn.)
1895 Washington St., 751-5086/7427
Installation's Chaplain's Office
4475 Gregg St., 751-3121/6318

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshall Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

*Director,
Emergency Services/Provost Marshal*

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Bill Forrester

Fire Chief

David Navarro

Police Chief

CASES OF THE WEEK

❑ A civilian was issued a one-year bar letter after he became uncooperative and verbally abusive during a traffic stop, Military Police said. The driver was also charged with public disorderly conduct and no proof of insurance. The civilian was escorted from the installation.

❑ A Soldier was charged with a child safety seat violation after MPs found that a child in her vehicle was not properly restrained, MPs said.

❑ A civilian was issued a three-year post bar letter after MPs received a report that he was drinking alcohol immediately prior to getting into his vehicle, MPs said. The civilian was also charged with having an open container of alcohol in his vehicle. He was released to his supervisor.

TIP OF THE WEEK

The Directorate of Emergency Services will be conducting weekly government vehicle safety and compliance inspec-



tions at various locations on Fort Jackson. These checkpoints are designed to ensure that operators of government owned vehicles on Fort Jackson are in compliance with AR 385-55, AR 58-1, FJ supp 1 to AR 190-5 and DA Pam 750-8.

Vehicles dispatched through the Fort Jackson TMP must comply with the following:

— Sedans, 8-12 passenger vans, light pick-up and work trucks require the driver to have a valid, state issued, driver's license; Army Accident Avoidance certificate; valid dispatch; and a daily driver/preventive maintenance checks and services log in the vehicle.

— 15 passenger van, 44-52 passenger bus, 1-ton truck or larger, and all tactical vehicles require the driver to have the same documentation listed above, plus an Operational Form 346 (TMP license) stating the qualification for the particular vehicle driven.

Vehicles not belonging to the Fort Jackson TMP (i.e. other components National Guard, Reserve, and Recruiting Command vehicles, etc.) may not be required to have a dispatch like Fort Jackson TMP vehicles, per unit SOP.

However, operators of these vehicles are required to have a valid, state issued, driver's license, an Army Accident Avoidance Card; and driver/preventative maintenance checks and services log to operate the vehicle on Fort Jackson.



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We are the champions



Courtesy photo

Command Sgt. Maj. William Huffin, 171st Infantry Brigade, far right, stands alongside the 4th Battalion, 10th Infantry Regiment flag football team after its flag football championship win Monday night. The 4-10th rallied the second half to capture its third consecutive championship in a, 14-12, victory over the 120th Adjutant General Battalion (Reception) on a bitter-cold Monday night that featured a number of lead changes. Falling behind, 12-7, after having blown an early 7-0 lead, 4-10th scored a touchdown with four minutes on the clock and then held off a late drive by the 120th.

FINAL FLAG FOOTBALL STANDINGS*

Monday/Wednesday

4-10th	8-0
SCARNG	6-2
1-34th	5-3
3-34th	5-3
2-39th	5-3
165th	2-6
193rd	2-6
MPs	2-6
MEDDAC	1-7



Tuesday/Thursday

120th	8-0
TSB	6-2
1-61st	6-2
171st	4-4
187th	4-4
3-60th	3-4
80th Division	2-5
2-60th	1-7
TFM	1-7

*Standings indicate places prior to the championship game

Sports shorts

WINTER BASKETBALL

Letters of intent for winter basketball are due by 3 p.m., Wednesday. For more information, call 751-3096.

ARMY PLAYS NAVY SATURDAY

The Army Black Knights will face off against the Navy Midshipmen during their 111th meeting 2:30 p.m. (EST), Saturday in Philadelphia.

The 2010 game marks the first time since 1996 that both teams enter the annual showdown with a winning record.

The Black Knights enter the Army-Navy game ranked ninth in the nation in rushing with 260 yards per game. Navy is fifth in the nation in rushing offense, averaging 302 rushing yards per game.

An Army win Sunday would end Army's eight-game losing streak to the Midshipmen and clinch the Army's first winning season in more than 10 years.

The game airs on CBS.



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